

Amaranth Fitness & Recreation Program Schedule
September 7th –30th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Adult Exercise Band Class 8:45AM - 9:30AM TB			Adult Balance/Core/Flexibility Class 8:45AM - 9:30AM TB
	Adult Balance/Core/Flexibility Class 9:45AM -10:30AM TB		Light Fitness Class: Parents with Babies Welcome 9:30AM - 10:15AM TB	Adult Strength Class 9:45AM - 10:30AM TB
	Zumba Class 10:30AM - 11:15AM TB		Relaxing Yoga 10:15AM - 11:00AM TB	Stretching & Mobility Class 10:30AM - 11:15AM TB
Cardio Interval Training (All ages) 6:15PM - 7:00PM TB				
Stretching & Mobility Class 7:00PM - 7:45PM TB				

TB = Amaranth Township Building (Rear Entrance)